

Smoke Signals

Newsletter of the Woodley Swim Team, June 22, 2010 No. 4

Time Trials – More Than 48 Pimburgers Eaten by 10:30 a.m.

Who in the world eats that many hamburgers on a Saturday morning? Apparently Holmes Run and Woodley swim team members and their families. Concessions sold a record amount of food for a time trials meet. Congratulations! Thank you too, to all of the volunteers that participated. Each area of responsibility ran smoothly because of your efforts.

Everyone, despite the wilting heat, hung in there and participated in one of the longest time trials meets that I can remember in my ten years of swim team. The youngest members were composed and proud as they swam in their first meet with their teenage “walkers”. Parents, never let go of that memory – watching your kids swim their first race and seeing how proud you were watching them reach that wall at the finish is what it is all about and these years will disappear quickly.

Overall the team produced some great swims and it is expected that we will have competition within the team in several of our larger age groups. The times as well as those obtained at practice on Monday, are going to be used to plan our first dual A Meet. Again, A meet entries are based on times of our swimmers and those of our opponents for the current season, who is available, and how many swimmers are in an age group. At an A meet, we have 3 lanes in each stroke, in each age group, giving us a total of 12 lanes for individuals in each age group. Therefore, in a grouping where there are only 5 swimmers, everyone will swim the A meet whereas, a grouping where there are 10 swimmers, it will depend on the time ladder. Each week, as swimmers participate in the A and B meets, the time ladder will readjust and the Saturday entries will also adjust to reflect new times posted. Please review the information in the Woodley and NVSL handbooks especially in regards to entries, swimming up, etc.

School's Out Pep Rally and Pizza Party Friday, June 25

A team pep rally and end of school pizza party will be held Friday, June 25, from 6:30-8 p.m. to launch the 2010 season. Order forms for pizza will be placed in your folders and are due with payment by Wednesday, June 23. Parents please stay after the pizza party to help set the pool up for our first home meet.

A Meet vs. North Springfield at Woodley Saturday, June 26

Our first competitive, scored “A” dual meet will be held this Saturday, June 26 at Woodley Pool. Based on the results of time trials and their availability, swimmers will be selected to swim this meet. Officials will be assigned in a similar manner as time trials except that the meet will not be split into a first and second half and your name should only appear if your child is swimming but we do sometimes make mistakes. Coaches will notify swimmers on Thursday at practice if they are swimming and what their events will be (a swimmer can only swim 2 events and a relay). Thursday evening, the swim representatives from Division 15 are meeting at Woodley to exchange our final selections in electronic and paper format. *If you are not sure if your child is swimming or they don't remember what they were told, please ask the coaches or the swim reps.* We will also try to email the entry lists.

Please arrive at Woodley at 7:45a.m. Woodley's warm-ups will be at 8:00a.m. In other words, swimmers must be ready to get into the pool at 8:00a.m. We will have exactly 20 minutes for warm-ups. After our warm-ups, we will shake hands with the opposing swimmers in an attempt to implement some of the new sportsmanship rules. The meet will begin at 9:00a.m.

Swim and Dive Team Pictures Monday, June 28

Swim and Dive Team pictures will be taken on Monday, June 28 at **7:45 a.m.** (team pictures are taken first) by Splendid Portraits. All members of the swim and dive teams (including coaches) **need to be at the pool at 7:30 a.m.** wearing their team suits and t-shirts. Order forms for team, individual, or family pictures will be placed in your mailbox the week before. Please note that the order forms are marked swim or dive team. Make sure you are ordering with the appropriately marked envelope and if ordering both swim and dive team pictures, it is recommended that you use both envelopes – one marked swim and one marked dive to avoid any ordering discrepancies.

After pictures, swimmers should see the coaches and help complete B meet time cards for Monday evening's meet at Lake Braddock.

B Meet vs. Lake Braddock at Lake Braddock June 28

Everyone can participate in this meet swimming a maximum of 2 events and I.M. (unless they placed first, second, or third in one of those events at the previous Saturday's "A" meet). This is a swimmer's chance to improve their times and bump a teammate for an A Meet slot. In some of our larger age groups, it is expected that this will happen quite often throughout the season. Coaches will fill out the "B" meet time cards after pictures on Monday. **Any swimmers participating in the I.M. Carnival on July 7, must sign up for I.M. at this meet as entries are due July 4, prior to our next B Meet.** Warm-ups will be at 5:20 p.m. Instructions and officials assignments will be coming soon to a location near you (your mailbox).

Todd Potts I.M. Carnival July 7 at Forest Hollow Pool

The Todd Potts I.M. Carnival will be held Wednesday, July 7 at Forest Hollow Pool. The I.M. Carnival is an invitational meet in which swimmers only swim one event – the Individual Medley or I.M. This is a 100m race consisting of one lap each in the following order: butterfly, backstroke, breast, and free. The coaches will recommend and sign up the swimmers that should participate. *Those who are participating must swim the I.M. event at the Monday night "B" meet on June 28 at Lake Braddock to obtain a seed entry time.* **The swim team pays a non-refundable entry fee for each swimmer so please inform the coaches if you are able to swim an IM but will not be available for this meet. Late entries are more expensive and not guaranteed.**

Morning Practices Begin Tuesday, June 29

Swim Team - Beginning June 29, Monday through Friday

7:30 – 8:45 AM	13-18 YEAR OLDS
8:45 – 9:45 AM	11-12 YEAR OLDS
9:45 – 10:30 AM	9-10 YEAR OLDS
10:30-11:00 AM	8 & UNDERS

If you need evening swim practice, please inform the coaches.

Dive Team – Beginning June 29, Monday through Friday

8:00 – 9:00 AM	10 & UNDERS
9:00 – 10:00 AM	13-18 YEAR OLDS
10:00 – 11:00 AM	11-12 YEAR OLDS

Woodley Swim and Dive Team Apparel

If you would like to order additional t-shirts, warm-ups or drawstring bags, please contact Amy Pototsky at pototsky@netzero.com by Friday, June 25. The warm-ups are sized a bit large and there will be some available periodically at the pool if you need to try them on for example, the Youth Large fits Kara and Marisa Sims, the Youth Medium for Josh, and the Adult Small fits Ken and I.

Upcoming Dates

June 23: Stroke and Turn Clinic at Sleepy Hollow Rec 7p.m.

June 24: Dive Referee Clinic at Highlands Swim 6:30p.m.

June 25: Swim/Dive Team Pizza Party and Pep Rally 6:30p.m.

June 25: Woodley Setup for First A Meet vs. North Springfield, 7:30p.m.

June 26: A Meet vs. North Springfield at Woodley, Warm-ups 8a.m.

June 27: **Hot Dog Dinner – Sunday Sundaes –**

June 28: Woodley Swim/Dive Team Pictures 7:45a.m. Wear team suits and t-shirts

June 28: Swim Team B Meet vs. Lake Braddock at Lake Braddock, Warm-ups 5:20p.m.

June 29: Morning Practices Begin

July 2: Swim/Dive Team Tie Dye Day 11a.m.

July 3: Swim Team A Meet vs. Annandale at Annandale, Warm-ups 8:20a.m.

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